

Covid-19 wellbeing support



Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

Many of us will be feeling stressed and anxious. This is a normal reaction in the current situation. Here are some resources that may help to ease anxiety and stress.

Health information

Limit checking the news and media to once or twice a day. Use reputable sources of information such as www.gov.uk and www.nhs.uk



Coping during the pandemic online course

Recovery College Online have developed an online course on how to cope during the pandemic, available at www.recoverycollegeonline.co.uk



Northern Mental Health Support

Advice, resources and links around how to maintain your mental health, exercise, socialising (at a distance), dealing with financial problems. www.northernmentalhealth.org



Self help guides

23 mental health self help guides available at www.cntw.nhs.uk/selfhelp



Healthy eating and exercise

Lots of useful information available at www.cntw.nhs.uk/awoym



Relaxation techniques

A range of relaxation audio files available at www.cntw.nhs.uk/relaxation



Further information at www.cntw.nhs.uk/coronavirus